

Full Report (All Nutrients) 09500, Apples, raw, red delicious, with skin

Report Date: July 01, 2017 12:19 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Refuse:11% Refuse Description: Core and stem

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sliced 109g	1 large 260g	1 medium 212g	1 small 158g
Proximates								
Water 1 2 3	g	85.33	13	0.347	93.01	221.86	180.90	134.82
Energy	kcal	59	--	--	64	153	125	93
Energy	kJ	247	--	--	269	642	524	390
Protein 1 2	g	0.27	6	0.017	0.29	0.70	0.57	0.43
Total lipid (fat) 1 2 3	g	0.20	12	0.010	0.22	0.52	0.42	0.32
Ash 1 2	g	0.14	6	0.022	0.15	0.36	0.30	0.22
Carbohydrate, by difference	g	14.06	--	--	15.33	36.56	29.81	22.21
Fiber, total dietary 1 2	g	2.3	6	0.127	2.5	6.0	4.9	3.6
Sugars, total 1 2	g	10.48	6	0.234	11.42	27.25	22.22	16.56
Sucrose 1 2	g	1.86	6	0.093	2.03	4.84	3.94	2.94
Glucose (dextrose) 1 2	g	2.71	6	0.059	2.95	7.05	5.75	4.28
Fructose 1 2	g	5.90	6	0.118	6.43	15.34	12.51	9.32
Lactose 1 2	g	0.00	6	0.000	0.00	0.00	0.00	0.00
Maltose 1 2	g	0.00	6	0.000	0.00	0.00	0.00	0.00
Galactose 1 2	g	0.00	6	0.000	0.00	0.00	0.00	0.00
Starch 2	g	0.05	2	--	0.05	0.13	0.11	0.08
Minerals								
Calcium, Ca 1 2 4	mg	6	5	0.550	7	16	13	9
Iron, Fe 2 4	mg	0.11	3	0.002	0.12	0.29	0.23	0.17
Magnesium, Mg 1 2 4	mg	5	5	0.046	5	13	11	8
Phosphorus, P 1 2	mg	12	4	0.347	13	31	25	19
Potassium, K 1 2 4	mg	104	5	2.980	113	270	220	164

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Sodium, Na 4	mg	1	1	--	1	3	2	2
Zinc, Zn 1 2 4	mg	0.04	5	0.006	0.04	0.10	0.08	0.06
Copper, Cu 2 4	mg	0.027	3	0.000	0.029	0.070	0.057	0.043
Manganese, Mn 1 2 4	mg	0.034	5	0.003	0.037	0.088	0.072	0.054
Selenium, Se 2	µg	0.0	1	--	0.0	0.0	0.0	0.0
Vitamins								
Thiamin 1 2	mg	0.015	4	0.002	0.016	0.039	0.032	0.024
Riboflavin 1 2	mg	0.025	4	0.002	0.027	0.065	0.053	0.040
Niacin 2	mg	0.075	2	--	0.082	0.195	0.159	0.118
Pantothenic acid 1 2	mg	0.051	4	0.003	0.056	0.133	0.108	0.081
Vitamin B-6 1 2	mg	0.034	4	0.002	0.037	0.088	0.072	0.054
Folate, total	µg	3	--	--	3	8	6	5
Folate, food	µg	3	--	--	3	8	6	5
Choline, total	mg	3.4	--	--	3.7	8.8	7.2	5.4
Vitamin A, RAE 1 2	µg	3	4	0.172	3	8	6	5
Carotene, beta 1 2	µg	27	4	1.118	29	70	57	43
Carotene, alpha 1 2	µg	0	4	0.000	0	0	0	0
Cryptoxanthin, beta 1 2	µg	12	4	1.904	13	31	25	19
Vitamin A, IU 1 2	IU	55	4	3.449	60	143	117	87
Lycopene 1 2	µg	0	4	0.000	0	0	0	0
Lutein + zeaxanthin 1 2	µg	31	4	1.803	34	81	66	49
Vitamin E (alpha-tocopherol) 3	mg	0.24	6	0.055	0.26	0.62	0.51	0.38
Tocopherol, beta 3	mg	0.00	6	0.000	0.00	0.00	0.00	0.00
Tocopherol, gamma 3	mg	0.00	6	0.000	0.00	0.00	0.00	0.00
Tocopherol, delta 3	mg	0.00	6	0.000	0.00	0.00	0.00	0.00
Vitamin K (phylloquinone) 1 2	µg	2.6	4	0.125	2.8	6.8	5.5	4.1
Lipids								
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000
Amino Acids								
Tryptophan 2	g	0.001	--	--	0.001	0.003	0.002	0.002
Threonine 2	g	0.006	--	--	0.007	0.016	0.013	0.009
Isoleucine 2	g	0.006	--	--	0.007	0.016	0.013	0.009

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Leucine 2	g	0.013	--	--	0.014	0.034	0.028	0.021
Lysine 2	g	0.013	--	--	0.014	0.034	0.028	0.021
Methionine 2	g	0.001	--	--	0.001	0.003	0.002	0.002
Cystine 2	g	0.001	--	--	0.001	0.003	0.002	0.002
Phenylalanine 2	g	0.007	--	--	0.008	0.018	0.015	0.011
Tyrosine 2	g	0.001	--	--	0.001	0.003	0.002	0.002
Valine 2	g	0.012	--	--	0.013	0.031	0.025	0.019
Arginine 2	g	0.006	--	--	0.007	0.016	0.013	0.009
Histidine 2	g	0.005	--	--	0.005	0.013	0.011	0.008
Alanine 2	g	0.012	--	--	0.013	0.031	0.025	0.019
Aspartic acid 2	g	0.073	--	--	0.080	0.190	0.155	0.115
Glutamic acid 2	g	0.026	--	--	0.028	0.068	0.055	0.041
Glycine 2	g	0.009	--	--	0.010	0.023	0.019	0.014
Proline 2	g	0.006	--	--	0.007	0.016	0.013	0.009
Serine 2	g	0.011	--	--	0.012	0.029	0.023	0.017

Other

Flavonoids

Anthocyanidins

Cyanidin 8 9 10 11 12	mg	4.91	21	0.97	5.35	12.77	10.41	7.76
Petunidin 9	mg	0.0	4	0	0.0	0.0	0.0	0.0
Delphinidin 8 9	mg	0.0	6	0	0.0	0.0	0.0	0.0
Malvidin 9	mg	0.0	4	0	0.0	0.0	0.0	0.0
Pelargonidin 8 9	mg	0.0	6	0	0.0	0.0	0.0	0.0
Peonidin 9 12	mg	0.1	6	0.05	0.1	0.2	0.1	0.1

Flavan-3-ols

(+)-Catechin 9 10 11 13 14	mg	2.0	19	0.35	2.2	5.2	4.2	3.2
(-)-Epigallocatechin 9 13	mg	0.4	7	0.24	0.4	1.0	0.8	0.6
(-)-Epicatechin 9 10 11 13 14	mg	9.8	19	1.58	10.7	25.6	20.8	15.5
(-)-Epicatechin 3-gallate 9 13	mg	0.0	7	0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate 9 13	mg	0.1	7	0.09	0.1	0.3	0.3	0.2
(+)-Galocatechin 9 13	mg	0.0	7	0	0.0	0.0	0.0	0.0

Flavanones

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Hesperetin 9	mg	0.0	4	0	0.0	0.0	0.0	0.0
Naringenin 9	mg	0.0	4	0	0.0	0.0	0.0	0.0
Flavones								
Apigenin 8 9	mg	0.0	6	0	0.0	0.0	0.0	0.0
Luteolin 8 9	mg	0.0	4	0	0.0	0.0	0.0	0.0
Flavonols								
Myricetin 8 9	mg	0.0	6	0	0.0	0.0	0.0	0.0
Quercetin 8 9 10 11 14	mg	3.9	18	0.52	4.2	10.0	8.2	6.1
Proanthocyanidin								
Proanthocyanidin dimers 5 6 7	mg	12.6	17	3.88	13.8	32.9	26.8	20.0
Proanthocyanidin trimers 5 6 7	mg	11.8	8	5.04	12.8	30.6	24.9	18.6
Proanthocyanidin 4-6mers 6 7	mg	32.8	5	10.3	35.7	85.2	69.5	51.8
Proanthocyanidin 7-10mers 6 7	mg	23.1	5	5.99	25.2	60.1	49.0	36.5
Proanthocyanidin polymers (>10mers) 6 7	mg	36.8	5	11.84	40.1	95.5	77.9	58.1

Sources of Data

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